

## **Letter with information for patients**

Ladies and gentlemen,

For my research project, I am looking for patients who are willing to experience the Feldenkrais Method as bodywork, who are willing to receive three individual Feldenkrais lessons and who are also willing to attend a weekly Feldenkrais group. The documentation and evaluation of the individual lessons are intended to supplement my PhD thesis.

### **To the research project:**

In my PhD thesis, I will examine how the Feldenkrais Method can affect self-control processes, e.g. the way people deal with themselves, how experiences on the mat can influence attitudes in life, and whether this can lead to changes in everyday conduct. The lessons serve to explore the possible effects of the Feldenkrais Method.

### **To the Proceedings:**

The individual and group lessons with the Feldenkrais Method will be taught by me personally. I will document the individual lessons, anonymize and evaluate the data. You authorise me to use the anonymized document in my PhD thesis.

### **To my person:**

My name is Susanne Herzog. I live with my family in Hamburg. From 1990 to 1993 I trained as a Feldenkrais teacher in Brig/Switzerland and now I work with the Method in my own practice in Hamburg. I graduated in psychology from the University of Hamburg in autumn 2009, since 2010 I am being trained as a psychotherapist (TP) and I have experience as a psychologist in psychosomatic medicine.

Thank you so much for your cooperation,

Susanne Herzog (Feldenkrais teacher)  
Psychologist in Psychosomatics.